



### MEMBERSHIP SPECIALS

- **Friendsgiving Deal**

Bring a friend to join at Impact Athletic and you'll both get **\$20 OFF** December dues!

- **Memberships Make the Best Stocking Stuffers!**

Give the gift of fitness this holiday season with a gift card towards membership, personal training, apparel or supplements.

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### TRAINING SPECIALS

#### **\*Holiday Training Package**

Buy (3) half-hour training sessions for \$135 and get a FREE 1-hour life coach consultation.

#### **Mobility Workshop**

Curious about our upcoming ***Movement Mastery Bootcamp***? The Mobility Workshop is the perfect way to try it out! If you're not ready to commit to the full bootcamp, join us for this introductory session and get a feel for what it's all about.

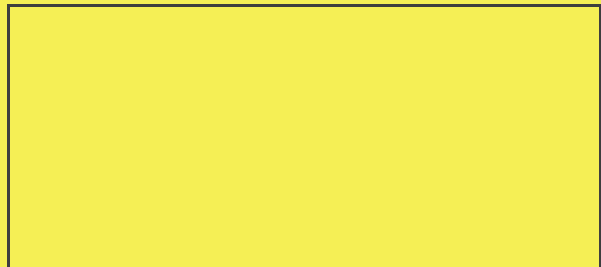
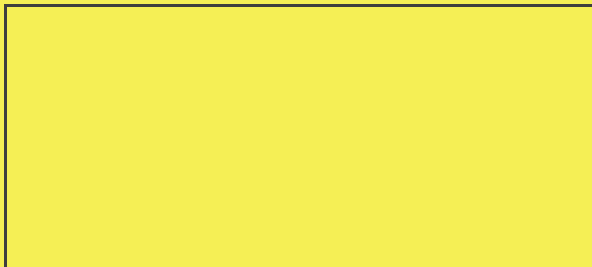
November 13th at 6:00 pm

Cost \$25.00

#### **\*Movement Mastery: Functional Mobility Bootcamp with Megan**

Starts November 13th with a kick off workshop. Bootcamp will be on Tuesdays & Thursdays 6:00 pm for 6 weeks.

**\*Deadlift Workshop with Callie-** November 19th, 6:30 pm \$40.00 per person, sign up at the Front Desk.



# MOBILITY WORKSHOP



**NOV 13 | 6:00 PM | \$25**

Learn how to **build strength** through your full range of motion – *not just stretch it*. This one-hour workshop with Megan blends education and hands-on training to help you move better, feel stronger, and prevent injuries.

Sign up at the front desk!

# MOVEMENT MASTERY

FUNCTIONAL MOBILITY BOOTCAMP WITH MEGAN

Not yoga. Not heavy lifting. This bootcamp trains strength and control through movement – helping you feel flexible, powerful, and unstoppable. Join now for limited time introductory pricing!



6 weeks



Twice a week



30-45 minutes



\$153

Sign up at the front desk!



## 30 Days of Planks and Thanks Challenge!

Want to win a prize?

Join our 30 Days of Planks & Thanks this month!

Here's how it works:

1. Check in to the club and record yourself doing planks during your workout.
2. Show your picture/video to a front desk employee to earn 1 raffle entry.
3. Post it on social media and tag us with #impact30daythanksandplanks to earn 5 raffle entries!

The more you plank, the more chances you have to win!



Thank You  
**VETERANS**

HONORING ALL WHO SERVED



## VETERANS DAY SPECIAL

- All veterans and active military get a **FREE** Guest day! Just show your military ID at the front desk.

# BURN THE TURKEY



**HIGH FITNESS  
7:30 AM**

**THANKSGIVING  
MORNING!**

**FREE ENTRY**

For ages 14 and up. Release forms are required for all non-members. If under 18 years old, the form must be completed by a parent or guardian

## THANKSGIVING DAY!

We will be **OPEN** 4 am to 11 am.

No childcare

**Friends and Family FREE** with a member!

- **BURN THE TURKEY CLASS**

November 27th at 7:30 am, **FREE** and open to the public (Ages 14+ welcome. Participants under 18 must have a parent or guardian sign a release form.



Impact Athletic | 208 678-5011 | [www.impactathletic.com](http://www.impactathletic.com) |

Impact Athletic | 1150 E 16th Street | Burley, ID 83318 US

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